

grateful
♡

L'ARCHE HAMILTON CONNECTIONS

our NEW quarterly newsletter -- sharing encouraged!



Third Edition: Thanksgiving 2022

Sarah's Desk

The Art of Inclusion
Tribute to Beverly
Wish List

Welcome David!

Ross Moncrieff
Scholarship Update

Inclusion
CoffeeHouse: Building
Community

As good stewards of our resources we are reducing the use of paper newsletters. We'd love for you to share the mission of L'Arche Hamilton by forwarding this newsletter to friends, family and colleagues.



664 Main Street East
Hamilton, Ontario
L8M 1K2
www.larchehamilton.org

From Sarah's Desk

Fall is my favourite season of the year. I love the changing leaves, the fresh cool air, the harvest, and most of all, that little burst of energy and excitement that comes at the start of fall. Fall always seems to accompany a desire for something fresh, and it is a time in L'Arche where we seem to start anew: resuming our regular meetings, planning for new events, setting up our committees, and more community gatherings.

At a recent community gathering, Cornerstone House led us in a reflection on Leadership. They chose to share about Moses, who was a great leader, but as many know, also faced many challenges. In my own reflection, I realized that there were many times when Moses needed others to help him lead successfully. For instance, when he was being called to go to Egypt, Moses cried out to God because of his inability to speak well and God sent him Aaron to speak on his behalf. When his arms grew weary in the battle against the Amalekites, Aaron and Hur held up his arms to keep his staff raised and ensure victory for the Israelites. When he needed counsel and direction, he turned to his father-in-law Jethro for guidance.

It gives me comfort to know that Moses needed the help of others, because I do too, every single day. I rely on many people to help make community life successful and vibrant – I could never (and would never want to) do it alone.

The good news for me is that in L'Arche, our vulnerability is something we embrace as leaders, rather than hide. In L'Arche, one of our core values is that we recognize we need each other, and when we do that, it allows us to truly celebrate the gift that each person is. For instance, at that same gathering that Cornerstone led, Mike Mattice led an activity where he asked us to identify leaders from his home. He asked us who encourages everyone in the house to go on walk, and everyone thought of Charles. He asked us who we thought led the house in enjoying arts and crafts and we all thought of Brian. When we went around the house, we found that every person in the home was a leader in some way, and brought gifts to the home and community.

(continued on next page...)

COMMUNITY LEADER

CONTINUED FROM PAGE 1

Seasons of change like the one we're in are equally exciting and scary. The community of L'Arche Hamilton dreams BIG and being the leader of such a dynamic community can be humbling. That is why I appreciate the amazing team of people who lead alongside me. Each person in our community, whether it is a Core Member like Janice, who has been part of L'Arche for 42 years or our newest Core Member David, who has only been with us for a couple of months... whether it's an assistant for the summer or a long-term assistant, a leadership team member, board member, friend, family member, volunteer.... Everyone leads in some way and helps shape who we are. What a thing to be grateful for! On behalf of L'Arche Hamilton, I wish you and your families a blessed, very Happy Thanksgiving.



~ Sarah Tuck, Community Leader

THE ART OF INCLUSION

By Paige McIsaac



WE'RE UNDERWAY on a new project at L'Arche Hamilton! We've always wanted to showcase the wonderful, inspiring excitement that happens inside our Art Studio with the neighbourhood in a big way. We wanted to demonstrate how much our community and the city means to us! Then we heard about the Placemaking Grant through the City of Hamilton. If you haven't heard of placemaking, it is a process that reimagines and reinvents public spaces to strengthen connections between places and people. We decided that this would be a great way for us to reimagine our Office and Day Program building with a large mural created by core members and assistants that can be viewed by all who pass by our building. We were successful in receiving this grant!

We invited local mural artist, Lester Coloma, to help us with this project. In the Winter, we asked core members and assistants to draw their favourite places in community, where they like to walk, what they like to see and who they like to see. We compiled all the art together and created a wonderful collaborative piece. Emma translated the art to a digital format and Lester helped us to expand it on a large scale in the form of two large boards. Over the summer, core members and assistants came to paint the mural and fill it with colour, personality, and pizzazz. Soon enough we will be hanging it for the community to enjoy! Stay tuned for an invitation to the unveiling of the mural – we can't wait for everyone to see it!



Beverly Ann Lobsinger

On Aug. 6 L'Arche Hamilton lost one of our beloved Core Members, Beverly.

We were so fortunate to have the light that was Beverly as part of our community since 2004. Over the years she lived in both Sherman and Cornerstone houses.

Beverly was dignified, fun, adventurous and courageous. She had a contagious laugh. She made everyone around her feel loved and special. We miss her so much but are grateful to know she is now free of pain and at peace in her eternal life.



Meet David!



Holton House has welcomed David, a new live-in Core Member to join our L'Arche community. We asked Bronwyn, one of the new Assistants at Holton House how David is fitting in and here is what she had to say: "David has an upbeat personality that has brought a lot of new energy to an already lively house! He always has something new to say and loves to joke around. Sometimes he makes movies and shares his creative talents with us on the TV. He and I are looking forward to going on a bike ride together sometime soon while the weather is still nice." Welcome David! You're already fitting in well with your housemates Steven, Mary & Ron. We can't wait to see how your youthful energy and creativity helps shape our community.

Wish List

We cook, a LOT. Our Wish List for our homes and day program this fall is filled with items we need to keep us baking, frying and enjoying great family meals together. Oh and a few fun things to boot. If you would like to help by donating any of these items to us we'd be most appreciative. Email Sue Mason at office@larchehamilton.org or give us a call at 905-312-0162

HOLTON HOUSE: a Cricut Maker for so many art projects

CHARBONNEAU HOUSE:
DVD player, paper shredder, reusable plastic cups, tupperware (glass & plastic), pencil sharpener, knife sharpener, cordless phone w/2 handsets, markers stationary set, hand/stand mixer, measuring cups, spatula, whisk

LADIES BUNGALOW: yarn for knitting & non-stick pans

SHERMAN HOUSE: air-fryer, clear wall mounted folders for documents & a vacuum

OTHER NEEDS:
Pots, pans, dish sets, donations of City recreation swim passes, and Hamilton Conservation Authority passes for all who love to walk in nature!



The Ross Moncrieff Scholarship Fund: APPLICATIONS NOW OPEN!

The Ross Moncrieff Scholarship Fund was established to help fulfill the artistic, creative and adventurous dreams of people living with intellectual disabilities in Hamilton. Applications for the 2022 grant are now open and the deadline to apply is October 21. If you've always wanted to take a creative arts course, pursue a passion hobby or just unleash the creative brilliance within, this scholarship fund can help cover the costs of support, materials, tuition, registration and more. For more details on how to apply, or to donate to this fund, please visit our website

www.larchehamilton.org



IMPORTANT DATES

Nov 19: L'Arche Hamilton Annual Open House
Nov 29: Giving Tuesday!
Dec 1: L'Arche Hamilton's 44th Anniversary!
Dec 3: International Day for Persons with Disabilities



Building Community at Inclusion CoffeeHouse

By Paige McIsaac

Sip, sip hooray! Inclusion Coffeehouse is open and thriving. We have had a busy few months and are excited to share with you what we've been up to lately! If you haven't heard of us, welcome! We are a community coffeehouse located inside the Bernie Morelli Recreation Centre where people with and without intellectual disabilities create a space where all can gather and learn about each other, all while enjoying some delicious treats. Come join us! We're open on Tuesdays and Wednesdays 10am-1pm.

After some Covid delays, we opened again back in March with lots of excitement from core members, volunteers and neighbours. In April, we had our Grand Opening where we welcomed many friends and neighbours in celebrating this gift of joining together the L'Arche community and the Hamilton community. We enjoyed some delicious coffee and freshly baked goodies, listened to some great tunes by Intergenerational Music Hamilton surrounded by some wonderful one of a kind art pieces created by members of our Creative Hands Studio.

A new group of core members also expressed interest in joining the Coffeehouse so they began training in food safety, kitchen safety, practicing making some treats. And what's baking without some taste testing of course? Everyone did a great job and now we can open Wednesdays and welcome more people to Inclusion Coffeehouse! Additionally, we've welcomed musicians to come and play in the coffeehouse, we've started baking new recipes, offer games and puzzles, began brewing cold brew and even opened a patio for those nice summer days!

What does it take to open each week? On Mondays, we prepare all the baking for the week. We have a morning group and an afternoon group who goes grocery shopping. We bake muffins, bagels, gluten free brownies, cookies and vegan fruit squares. Mike M.'s favourite thing to bake is the fresh bagels which he does each Monday morning. On Tuesdays, we head to the Recreation Centre where we open the kitchen, brew the coffee, hang the art and make the dining room look all pretty for our guests. Then we open to customers at 10am. Janice and Margaret serve the baked goods, Anand, Dave and Jessica share the role of welcoming customers and taking orders, Mary helps to greet, and Wayne brews the coffee!

It's always fun meeting people from all over the neighbourhood. We have lots of parents and tots who come, some who live just across the street, others join in from Salvation Army and Adults in Motion and of course, our Day Program loves to make their weekly trips too.

On Wednesdays, we open again – this time with a new crew! We have Philip, Mandy and Dave on cash, Cynthia or Sandi serving the baked goods and coffee, and Michael B. sharing his gifts of welcome with customers!

All in all, it's just been so wonderful to hear friends coming together again after so long with laughter and a coffee in hand, having good conversation. Inclusion Coffeehouse is a place where we can share our gifts and a place where we are all valued. Come check out what we've been up to, a place where you belong!



To find out more about becoming a volunteer, visit our website www.larchehamilton.org

**PLEASE FORWARD AND SHARE THIS NEWSLETTER!
TO BE ADDED TO OUR DISTRIBUTION LIST EMAIL
MARIANNE@LARCHEHAMILTON.ORG**